



Heart & Sole is for **EVERY** girl.



Heart & Sole is an afterschool program like no other!

Twice per week for 10 weeks, girls will have fun, make friends, increase their physical activity levels and learn important life skills. Trained and caring coaches lead 6th-8th grade girls through interactive lessons and movement activities. The season ends with a celebratory 5K event.



Why it matters It's fun. It's effective.

Participating in the Girls on the Run middle school program, Heart & Sole, transforms girls' lives by helping them increase their self-confidence, develop healthy relationships, and feel good about themselves, inside and out.

SEASON DETAILS

Registration Opens: **August 1st**

Program Starts: **The week of September 5th**

Program Fee: **\$155**

Financial Assistance is available during the registration process for any girl who needs it

Practice location: **Lexington Middle School**

Practice days/times:

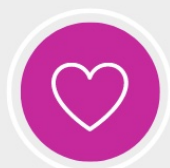
Tuesdays/Thursdays 3:20-4:35pm

Contact: **Sharolyn Harry-Clark**

Email: **sharryclark@lexcs.org**



Girls who were the least active at the start of the program increased their physical activity by more than 40%*



97% of participants said they learned critical skills to manage emotions, resolve conflict, help others or make intentional decisions*

*Results based on a independent study conducted by Positive Youth Development expert Maureen R. Weiss, Ph.D.

Learn more and register today at www.gotrgreaterpiedmont.org